

SEEKING HELP



HOW AM I FEELING?

During stressful times you might notice some uncomfortable thoughts or feelings that let you know that something is wrong. These may include:

- Excessive fear or worry
- Changes in sleeping habits or feeling tired and low energy
- Overuse of substances like alcohol or drugs
- Thinking about suicide
- Extreme mood changes (highs or lows)
- Prolonged feelings of irritability
- Avoiding friends and social activities
- An intense fear of weight gain or concern with appearance

ASKING FOR HELP/ COPING WITH STIGMA

Roughly 1 in 5 Bucknell students utilizes CSDC services. Learning to accept the way you're feeling and recognize what you need to do to treat it, seeking support, and helping educate others can make a big difference.

Don't let stigma create self-doubt and shame. Stigma doesn't just come from others. You may mistakenly believe that your feelings are a sign of personal weakness or that you should be able to control it without help.

Don't isolate yourself. Not receiving support from those at home? Can you connect with a peer whom you know has sought out support with their mental health? Even a virtual connection via Zoom or Google Hangouts can be a beneficial form of connection in stressful times.

Don't equate your worth with your feelings. You are not an illness and the way you feel is not a reflection of your worth. Admitting that you are struggling does not make you "less than" or "weak." It means that we are ready to accept help to get better.

Building Connection. When feeling stressed it is especially important to develop supportive connections by actively engaging with others. While we may feel a desire to isolate ourselves, doing so will generally make things worse over a prolonged period. Instead try to reach out to friends or loved ones through Video Chat, Texting, or Phone Calls.

DISCUSSION QUESTIONS

- What symptoms do you experience that let you know it may be time to seek help?
- What barriers have prevented you from seeking help in the past?
- How have you maintained relationships during this time?
- What are some strategies that you have found helpful in the past to support your mental health?

resources

[Counseling & Student Development Center](#)

Will offer telehealth appointments and consultations as well as crisis services. Call the CSDC at **570-577-1604**

[National Suicide Prevention Lifeline](#) **800-273-TALK (8255)**

[Crisis Text Line](#)

Text: **NAMI** to **741-741**

[National Domestic Violence Hotline](#) **800-799-SAFE (7233)**

[National Sexual Assault Hotline](#) **800-656-HOPE (4673)**

[National Institute of Mental Health](#)

Students of Color - [The Steve Fund](#)
Text **STEVE** to **741-741**

LGBTQ+ Support - [Trevor Project](#)
(866)-488-7386

Trans Support - [Trans Lifeline](#)
(877)-565-8860

